

FS Sports stars



The most relevant statements for PE are taken from Personal, Social and Emotional Development, Physical Development and Expressive Arts and Design.

In Reception Class (Foundation Stage), in Personal, Social and Emotional Development, the children will:

- Manage their own needs.

In Reception Class (Foundation Stage), in Physical Development, the children will:

- Revise and refine the fundamental movement skills they have already acquired:
 - rolling
 - walking
 - running
 - skipping
 - crawling
 - jumping
 - hopping
 - climbing
- Progress towards a more fluent style of moving, with developing control and grace.
- Develop overall body-strength, balance, coordination, and agility needed to engage successfully with future physical education sessions and other physical disciplines.
- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
- Combine different movements with ease and fluency.
- Confidently and safely use a range of large and small apparatus indoors and outdoors.
- Develop overall body strength, balance, coordination, and agility.
- Know and talk about the different factors that support overall health and wellbeing: regular physical activity.

In Reception Class (Foundation Stage), in Expressive Arts and Design, the children will:

- Explore, use, and refine a variety of artistic effects to express their ideas and feelings.
- Return to and build on their previous learning, refining ideas and developing their ability to represent them.
- Create collaboratively, sharing ideas, resources, and skills.
- Listen attentively, move to, and talk about music, expressing their feelings and responses.
- Watch and talk about dance and performance art, expressing their feelings and responses.
- Explore and engage in music making and dance, performing solo or in groups.

By the end of Foundation stage, a child who is attaining typically (Early Learning Goal) will be able to:

PSHE-Managing Self:

- Be confident to try new activities and show independence, resilience, and perseverance.
- Explain the reasons for rules, know right from wrong and try to behave accordingly.
- Manage their own basic hygiene and personal needs, including dressing.

PSHE- Building Relationships:

- Work and play cooperatively and take turns with others.

Physical Development-Gross Motor Skills:

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping, and climbing.

Expressive Arts and Design-Being Imaginative and Expressive:

Perform songs, rhymes, poems, and stories with others, and (when appropriate) try to move in time with music.

By the end of FS, a child attaining typically (Early Learning Goal) will be able to understand and use the following vocabulary:

direction run catch hop movement speed roll partner balance jump healthy